

Fall/Winter Menu: Week 4



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

A.M.

**Cereal
Milk
Mixed Berries

Milk/Water**

**Apple Cinnamon Baked
Oatmeal Cups
Fruit

Milk/Water**

**Yogurt
Berries
Granola

Milk/Water**

**Apple
Graham Crackers
Wow Butter

Milk/Water**

**Bagels
Tomatoes
Cheddar Cheese

Milk/Water**

LUNCH

**Mango, Black Bean Quinoa
Salad (Bell Peppers,
Cilantro, Agave, Cumin)
Crackers
Cucumber Sticks
Milk
Fruit**

**Tuna Casserole
(Cream of Mushroom Soup,
Mayo, Milk, Celery)
Egg Noodles
Salad
Milk
Fruit**

**Kids Curry: Chicken and Lentils
(Carrots, Cauliflower,
Chickpeas, Tomato)
Rice
Sour Cream
Milk
Sorbet (Cones)**

**Winter Minestrone Soup
(Carrots, Celery, Potato
Spinach, Beans, Pasta)
Dinner Rolls

Milk
Fruit**

**Unstuffed Cabbage Rolls
(Ground Beef, Tomatoes,
Beef Broth)
Crackers
Peas and Carrots
Milk
Fruit**

P.M.

**Ham and Cheese Roll Ups
Fruit

Water**

**Banana and Wow Butter
Sushi

Water**

**Rice Cakes
Cream Cheese
Tomato
Water**

**Cucumber Sticks
Hummus
Naan Bread
Water**

**Tortilla Chips
Salsa, Sour Cream
Guacamole
Water**

Food	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit	Vegetable/Fruit
Guide	Grain	Grain	Grain	Grain	Grain
Servings	Milk	Milk	Milk	Milk	Milk
	Meat/Alternative	Meat/Alternative	Meat/Alternative	Meat/Alternative	Meat/Alternative